

Apple and Peach Crisp

This delicious dessert is packed with fruit. Canada's Food Guide recommends 7–10 servings of Vegetables and Fruit each day. This recipe is fast and easy, and provides 1 serving of Vegetables and Fruit!



Ingredients:

4 large	Apples, washed and sliced	4 large
1 – 14 ounce can	No sugar added sliced peaches, drained	1 – 398 mL can
¼ cup	Granulated sugar	60 mL
2 Tbsp	Flour	30 mL
1 tsp	Cinnamon	5 mL
1 cup	Quick cooking rolled oats	250 mL
¼ cup	Brown sugar, packed	60 mL
¼ cup	Soft non-hydrogenated margarine	60 mL

Directions:

1. Preheat oven to 375°F (190°C).
2. In a large bowl combine apples, peaches, granulated sugar, flour and cinnamon.
3. Toss until all fruit pieces are coated with flour mixture.
4. Spread fruit mixture into a greased baking pan.
5. In a medium bowl mix rolled oats with sugar.
6. Add the margarine and mix with your fingers until crumbly.
7. Sprinkle oat mixture over the fruit.
8. Bake in oven for 30 minutes or until fruit are tender.
9. Can be served warm or cold.

Makes 8 servings (175 mL/ ¾ cup/ 188 g)

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Nutrition Facts	
Per 1/8 of recipe (175 mL / ¼ cup / 188 g)	
Amount	% Daily Value
Calories 250	
Fat 7 g	11 %
Saturated 1 g + Trans 0 g	5 %
Cholesterol 0 mg	
Sodium 85 mg	4 %
Carbohydrate 48 g	16 %
Fibre 5 g	20 %
Sugars 32 g	
Protein 3 g	
Vitamin A	0 %
Vitamin C	10 %
Calcium	2 %
Iron	8 %

Nutrient Claim	Amount per serving
High in fibre	5 g
Low in saturated fat	1 g
Low in sodium	85 mg
Source of potassium	234 mg
Source of iron	1.2 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Vegetables and Fruit) according to the Alberta Nutrition Guidelines.